CARBUTT

RICE & GROUND RICE

THE BEST WAYS OF COOKING RICE
TOGETHER WITH 21 TESTED RECIPES
FOR APPETIZING DISHES

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ALL ABOUT RICE

Rice in its best known form is of course the milk pudding, but many housewives to-day do not fully realise what a large part rice can play in the daily menu. Rice is in fact the cook's best friend and is a real stand-by in the kitchen, for apart from the many dishes both sweet and savoury that can be made from it, rice is easily digested and has great nutriment value, particularly for the young and growing family.

During the past few years, rice dishes from various countries abroad have become increasingly popular, risottos from Italy, pilaffs from India and the Middle East, to mention only a few. Interest too is being shown in the different kinds of rice grown, for, to make a really successful dish, whether it be a rice pudding, a savoury rice, or boiled rice to serve with curry, it is important that the right kind of grain should be used whenever possible. It is to be hoped that this booklet will help to advise the housewife on the best kinds of rice to buy for the dishes she wishes to make, and finally how to cook it in the best possible way.

THE DIFFERENT KINDS OF RICE AND THEIR USES

Rice grains may be divided into two main types, the long, thin grain and the short, stumpy or round grain. Some of the various kinds are :—

PATNA RICE

This is of the long grain type and is undoubtedly the best for boiling to serve with curries, or as a vegetable in place of potatoes, or for use in a salad.

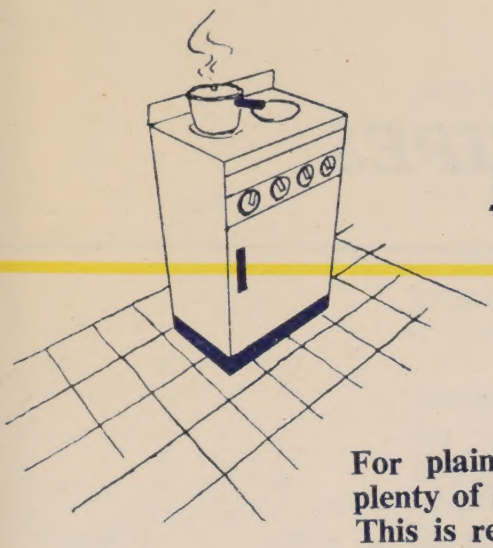
BURMA RICE

This is a medium thick grain and is useful as an all-purpose rice for puddings and savoury rice dishes. It has exceptionally good flavour, above that of other rices.

AUSTRALIAN & SIMILAR ROUND GRAIN RICE

These rices are used principally for risottos, savoury dishes and rice creams as they have a short thick grain and so can absorb the maximum amount of stock or milk.

If for a milk pudding or other rice sweets the rice is generally first washed or boiled for a minute or two before adding to the milk, but for curry rice or other savoury dishes this is not necessary.



HOW TO BOIL RICE

For plainly cooked rice for a curry, boil in plenty of salt water before draining and washing. This is really an easier way than steaming in a small quantity of water, a method which some cooks prefer. Boiling in plenty of water ensures a more uniform result, especially for the beginner. Moreover, in boiling this way, the rice is less likely to become starchy and sticky. Follow these rules and your boiled rice will be a success :

1. For boiling ½ lb. rice, which is the usual quantity for a family of four, have a large saucepan full of boiling salted water, minimum amount 2 quarts.
2. When the water is boiling fast, shoot in the rice. Boil " at a gallop " for approximately 12 minutes, or until the grain can be broken through with the thumb nail, though still quite firm. Rice must **not** be over-cooked.
3. Throw in half a cupful of cold water to check the boiling at once, then pour the contents of the pan into a colander.
4. Pour over a large jug of hot or cold water, depending on whether the rice is for a hot dish or a salad. This will rinse out all the surface starch.
5. With the handle of a wooden spoon, pierce the surface of the rice down to the colander to allow it to drain thoroughly. Leave for half an hour or longer. At the end of this time the rice is ready for use, with every grain separate.
6. To reheat, the rice may be turned into a well-buttered fireproof dish, seasoned with salt and pepper, covered with a buttered paper and then the lid. The dish is then put into a slow oven for half an hour—at the end of that time the rice should be thoroughly hot, and again with every grain quite separate. An alternative method of heating is to place the colander over the saucepan containing a little boiling water. Set on a slow heat and cover the colander with a cloth.

LIST OF RECIPES

Page	
7	Pondicherry Soup
7	Tomato Cream Soup
8	Anchovy Eggs
8	Fried Fish and Rice
9	Kedgeree
9	Boiled Chicken with Rice
10	Chicken Mayonnaise
11	Salad Nina
11	Fried Liver with Rice
12	Dolmas
12	Stuffed Peppers
13	Savoury Rice and Cabbage
14	Risotto Milanese
15	Pilaff, or Savoury Rice moulded into a Ring
15	Plain Rice Pudding
16	Caramel Rice
16	Ground Rice Souffle
17	Creamed Rice with Hot Apricot Sauce
17	Pear Conde
18	Cheese Cakes
18	Cherry Cake

PONDICHERRY SOUP

A creamy rice soup flavoured with leeks and curry.

3 leeks : 1 oz. butter : 1½ oz. thick-grained rice : 1 pint stock (white) : ¼ pint milk : 1 teaspoon curry powder.

Cover the leeks with cold water and boil for 10 minutes, drain and then chop finely. Melt half the butter, add chopped leeks and cook a few minutes to dry. Add the stock and the rice, milk, curry powder and salt. Cook gently for 30 minutes.

Sieve, return to the pan and after reheating adjust the seasoning to taste and beat in the remaining ½ oz. butter.

TOMATO CREAM SOUP

A slightly unusual tomato soup made substantial by the addition of the vegetable garnish. Fresh tomato pulp may replace the purée but in this case ½ to ¾ pint will be necessary, so less stock should be used.

2 oz. butter : ¾ oz. cream of rice or rice flour : 1 tablespoon tomato purée : 1¼ pints veal or chicken stock : ¼ pint creamy milk.

For the Garnish :—1½ tablespoons finely diced red carrot, the same of French beans or shredded cabbage, and half the quantity of shredded celeriac or celery.

Melt the butter, add the flour, cook two or three minutes, then draw aside and stir in the purée and stock. Bring to the boil, and simmer 30-40 minutes. Meantime, cook the vegetables in stock—strain. Skim the soup, season highly, add the milk, a nut of butter and lastly the vegetables. Do not allow to boil after adding milk, butter and vegetables.

ANCHOVY EGGS

6 oz. freshly boiled rice, Patna or long grain : 5 new-laid eggs : a little melted butter : 3–4 tablespoons cream or milk : salt, pepper : anchovy fillets or anchovy essence : 1 lb. tomatoes : ½ oz. butter : a clove garlic or one sliced onion.

Have ready the rice boiled and drained. Put into a buttered fire-proof dish, and over the surface make a slight hollow or depression with the bowl of a spoon for each egg. Break each egg into a cup and slip it carefully into the hollow in the rice. Sprinkle the dish lavishly with melted butter, pour the cream over the egg yolks and dust well with salt and pepper. Put two strips of anchovy fillets across each egg and cover the dish with buttered paper. Put into a moderate oven until the eggs are just set.

Meantime peel the tomatoes, slice and put into a pan with the remaining ingredients. Cover and cook to a pulp. Season well. Arrange the stewed tomatoes round the edge of the dish and serve at once. Alternatively the tomatoes may be served separately.

FRIED FISH AND RICE

A good substantial supper dish. The rice boiled in stock with the vegetables makes it full of flavour. Don't rinse the rice but use the liquor for soup, etc.

4 cod steaks : oil or butter for frying : 2 tablespoons Worcester sauce : chopped parsley : 6 oz. Patna or long grain rice : 1 small onion : 1 stick celery : 1 clove of garlic.

Brown the fish steaks quickly in oil or butter and lay in a buttered dish. Season well, sprinkle with the Worcester sauce and parsley and set the dish in a slow oven 15–20 minutes. Meantime boil the rice in the stock with the sliced onion and celery and the clove of garlic crushed with a little salt. When tender, drain well. Then season, fork in a nut of butter, reheat and arrange round the fish. Serve very hot.

KEDGEREE

A savoury mixture of fish and rice. Try it with smoked haddock. A little chopped onion may be cooked first in the butter before adding the rice and fish.

6 oz. boiled rice, Patna or medium thick grain : 6 oz. cooked flaked fish : 1–2 hardboiled eggs : 1 raw beaten egg and 1–2 tablespoons creamy milk : 1 dessertspoon chopped parsley : butter.

Heat a large saucepan, drop in a good-sized piece of butter. While still foaming add the rice, fish and chopped hard-boiled eggs. Shake and stir with a fork over the heat. When thoroughly hot stir in the beaten egg, milk and parsley. Season well. Whilst still creamy turn into a hot dish. Serve garnished with curls of grilled or fried bacon.

BOILED CHICKEN WITH RICE

A nice dish for a Sunday dinner. The rice and creamy sauce together is delicious.

1 boiling fowl : 1 large onion stuck with a clove : 1 carrot : bunch of herbs : 1½ oz. butter : 1½ oz. flour : squeeze of lemon juice : 1 egg yolk : 3 tablespoons " top " milk : 8 oz. Patna or long grain rice.

Cook the chicken with the vegetables and herbs, seasoning and water just to cover. Simmer gently until tender, allowing about 2 hours according to size. Take up the chicken, carve and arrange at one end of the serving dish, cover and keep warm. Meantime place the stock on a quick fire and boil down to 1 pint. Melt the butter in a pan, add the flour and the strained stock. Stir till boiling and then reduce until syrupy. Draw aside and adjust the seasoning. Beat the egg yolk in bowl with the " top " milk, add a little of the sauce by degrees and then return it gradually to the pan. Whisk over gentle heat until the sauce thickens but do not boil. Spoon over the chicken. Have ready the rice plainly boiled, heap up at other end of the dish.

CHICKEN MAYONNAISE

An excellent dish for a supper party ; salad cream can be used in place of mayonnaise in which case add a little French dressing to it.

½ pint Mayonnaise :—2 egg yolks : ½–1 pint salad oil : vinegar or lemon juice (about 3 teaspoons) salt, pepper, a little dry mustard.

Rice Salad :—(Allow 1 oz rice per person) ½ lb. rice 6 oz. ripe tomatoes : 4 tablespoons cooked diced carrot : 4 tablespoons cooked green peas : ½ cucumber peeled and diced : French dressing watercress for garnish.

Simmer the chicken until tender (about 2 hours according to size) in sufficient water to cover, with a bunch of herbs, seasoning, and onion and carrot to flavour. Allow to cool in the liquid.

Meantime prepare the mayonnaise. Cream thoroughly the egg yolk and seasoning in a warm basin, using a small wooden spoon or whisk. Add the oil very slowly from the point of a teaspoon beating continuously. When the mixture is really thick and about half the oil has been added, mix in the vinegar. Beat in the remaining oil and add boiling water to thin. Shred the chicken and mix with the mayonnaise. Cook the rice in plenty of boiling salted water until tender, drain and rinse well with cold water. Allow to drain and dry thoroughly. Skin the tomatoes, cut in four and squeeze away all the seeds.

Mix the rice, tomatoes, carrot, peas and cucumber adding a little French dressing to bind it together. Season to taste.

Arrange the chicken one end of a serving dish and the rice salad at the other. Garnish with little bunches of watercress.

SALAD NINA

A rice, ham and vegetable salad. Nice for a hot day.

6 oz. freshly boiled Patna rice: 6 oz. shredded cooked ham or flaked fish: French (oil and vinegar) dressing: 1–2 tablespoons mixed chopped parsley and chives, or spring onion tops: salt, pepper: 4-5 firm even sized tomatoes: ½ a cucumber: mayonnaise or cream dressing to serve separately.

Boil rice, drain, rinse and drain again thoroughly. Put the ham or fish into a bowl with the rice, herbs and plenty of seasoning. Moisten well with the French dressing.

Scald and skin the tomatoes, cut off tops and scoop out seeds. Peel and dice cucumber, salt it lightly, allow to drain well and mix with a little French dressing and chopped chives or parsley. Fill into the tomatoes. Pile the rice up in the centre of a dish, surround with the tomatoes and serve the mayonnaise or cream dressing separately.

FRIED LIVER WITH RICE

Fried slices of liver garnished with orange and served with a rice pilaff.

6 small slices of liver: salt, pepper, dry mustard, cayenne pepper: 1½ oz. butter: 1 onion: 2 cloves of garlic: 1 tablespoon chopped parsley, thyme: ½ gill red wine: ½ gill strong stock: **Garnish:** 1 orange.

Pilaff:—1 oz. butter: 1 onion: 5 oz. rice, medium grain: stock: butter or margarine: a little grated cheese.

Dust the slices of liver lightly with flour and the seasoning. Heat half the butter in a frying pan and brown the liver quickly on both sides. Remove and keep warm. Melt the remaining butter in the pan, add the finely chopped onion, crushed garlic and cook until soft and golden brown. Moisten with the wine and stock, add chopped herbs and simmer 1 minute. Pour the sauce over the liver which has been arranged on a serving dish. Cut the oranges in thin slices with the skin on and brown quickly on both sides in hot oil or butter, sprinkling well with sugar. Garnish the liver with this and serve with the pilaff.

Pilaff:—Melt three-quarters of the butter, add the finely sliced onion, cover and cook slowly until soft but not coloured. Add the rice, fry for a minute or two then pour on a bare pint of the stock. Bring to the boil, cover and put the pan into the oven 15–20 minutes or until the rice is tender and the stock absorbed. Take out and dot the surface of the rice with butter and sprinkle with grated cheese. Cover pan and leave 4-5 minutes before forking up lightly.

DOLMAS

A nice luncheon or supper dish. May be prepared well before hand and the final cooking done just before the meal.

2 oz. mushrooms : ½ oz. butter : a handful of small spring onions : 3–4 tablespoons boiled long or medium grained rice : 1–2 hardboiled eggs : 1 cabbage : tomato sauce.

Wash and slice the mushrooms and cook in the butter with the sliced onions. Mix with the rice and eggs in a bowl and season very well with salt and pepper.

Trim the cabbage, blanch it whole for two or three minutes, drain well, then carefully detach the leaves, removing any hard stalk. Put a small tablespoon of the filling on each leaf, roll up like a parcel to form a sausage. Roll them lightly in flour, and arrange in criss-cross layers in a thick stewpan or casserole. Barely cover with stock, bring carefully to the boil, season, add a bayleaf and simmer 20–30 minutes on the stove or in the oven. Meantime prepare a thin tomato sauce.

Lift the dolmas into a fireproof dish, draining well from the liquor, spoon over the tomato sauce and set in the oven for another 20–30 minutes. Serve with a good dusting of freshly chopped parsley over the dish.

STUFFED PEPPERS

A nice way of cooking sweet peppers with a savoury stuffing. Other cooked meat may replace the ham.

4–5 green peppers : 1 oz. butter : 1 small onion : 3 tablespoons thick grained rice : 1 oz. mushrooms : ¼ lb. chopped ham : clove garlic : ¾ pint good stock : seasoning.

Blanch the peppers in boiling salted water for 3–5 minutes. Drain and plunge into cold water, drain again. Carefully cut round the stalk and remove the seeds from the centre.

Melt the butter in a saucepan—add the onion chopped finely and allow to soften, add the rice, cook for a minute or two longer—add the mushroom, garlic, chopped ham, half the stock, and seasoning. Bring to the boil and simmer until the rice is tender, when necessary keep adding rest of stock as the rice absorbs it. When tender fill the peppers with the mixture, arrange in a buttered fireproof dish, spoon over a little tomato sauce, cover and bake in a moderate oven for 20–30 minutes Reg. 4–5. Serve rest of sauce separately.

TOMATO SAUCE

1 lb. tomatoes : ½ oz. butter : ½ oz. flour : 1 heaped teaspoonful paprika pepper : 1 onion : 1 carrot : 1½ gills stock : a bunch of herbs : thyme, parsley and a bayleaf, salt and pepper.

Wipe the tomatoes, cut in four and squeeze away the pips. Melt the butter, add the finely diced onion and carrot and cook slowly until soft but not coloured. Stir in the flour, add the tomatoes and bruise well with the wooden spoon. Tip on the stock, stir until boiling point is reached. Add herbs, seasoning and simmer gently for 30 minutes. Strain, reheat, and adjust the seasoning.

SAVOURY RICE AND CABBAGE

Other savoury mixtures may be used in this way in place of the cabbage, such as cold meat with a mixture of mushroom or tomato, etc., or a flavouring of curry powder in the onion.

1 medium-sized onion : 1 oz. dripping or butter : 1 small cabbage or half a large one : 1 handful sultanas : salt and pepper : 6 oz. boiled rice, long or medium grain : 1–2 hard-boiled eggs coarsely chopped.

Slice or chop onion finely. Colour lightly in the dripping then add the cabbage thinly shredded with the sultanas and seasoning. Cover pan tightly and cook slowly until the cabbage is tender, stirring occasionally. Have ready the rice boiled and drained, add to the pan and mix up lightly with a fork. Add the eggs and adjust the seasoning. Turn onto a hot dish and serve at once.

RISOTTO MILANESE

This is a good plain savoury rice ; mushrooms and saffron may be omitted and be replaced by shredded ham or other meat.

2 oz. onion : 2 oz. mushrooms (optional) : 1 clove or section of garlic : 6 oz. rice thick grained : a bayleaf : about 1 pint good meat or vegetable stock : 1 oz. grated cheese : 1½ oz. butter : pinch of saffron soaked in an egg-cupful of hot water for ½ hour before using.

Slice the onion, slice or quarter the mushrooms, chop and crush the garlic with ½-teaspoonful salt. Melt 1 oz. butter in a thick saucepan, add the onion and soften slowly only allowing it to colour a delicate brown. Add the rice (do not wash it), cook for a few minutes, then add the mushrooms and cook quickly for a minute or two, stirring constantly. Add about a third of the stock, the garlic, saffron, seasonings and bayleaf. Simmer until the rice begins to thicken. Now add the remaining stock as the rice absorbs it, stirring occasionally, and keeping the whole gently simmering. When the rice is cooked, draw off the fire, remove the bayleaf, adjust the seasoning, powder the top with the grated cheese, dot over with the remaining butter, cover and leave 4–5 minutes, off the fire. Stir round lightly with a fork and turn at once into a hot dish.

Cooked beef marrow is sometimes used to finish the risotto in place of the last half ounce of butter (i.e., scooped from a freshly boiled marrow bone).

PILAFF OR SAVOURY RICE moulded into a ring

A good way of using up "left-overs"—looks good and makes a substantial dish for a hungry family.

3 oz. onion : ½ lb. thick grained rice : saffron to flavour (optional) : 2 oz. butter : about 1¼ pints stock : 1½ oz. cheese (optional).

Melt two-thirds of the butter, add the finely chopped onion, cover and cook slowly until soft but not coloured. Add the rice, fry for a few minutes, add seasoning, the saffron soaked in a little water, and the stock. Bring to the boil, cover tightly and put into a moderate oven for 20–30 minutes. When the rice is dry and the stock absorbed stir in balance of the butter with a fork, and the cheese if wished. Turn into a buttered ring mould. Press down lightly, leave for a few minutes, then turn out onto a hot dish. Fill the centre with a savoury mixture.

Alternatively, put rice into a plain mould or pudding bowl, scoop out centre, fill hollow with mixture without the sauce. Cover with the rice, press lightly and turn out. Pour the sauce round.

Savoury Mixture for Pilaff :—1 onion, sliced : ½ oz. margarine or butter : ¼ lb. liver, kidney or cooked shredded meat, ham or chicken : 1 level tablespoon flour : 1½ gills stock : 2 tomatoes, peeled, quartered and pipped.

Soften onion in margarine, add the liver or meat, shake over a brisk fire 2–3 minutes, then add flour and stock. Stir until boiling, simmer a few minutes then add the tomatoes.

PLAIN RICE PUDDING

2 level tablespoons of medium or thick grained rice (washed) : 1 pint of milk : small pinch of salt (between finger and thumb) to bring out the flavour : sweetening to taste—sugar, brown or white, or honey—about 1 tablespoon : a walnut of butter or margarine.

Wash rice, put in greased pie-dish, add milk, salt, sweetening and butter, sprinkle with nutmeg (if liked) and bake on bottom shelf of electric oven at gentle heat—320 degrees—or gas number 3 for 2½–3 hours. Alternatively—cook on top of stove in a thick pot, stirring frequently (quick method about ½ hour), or in a double steamer after rice has come to the boil (slower method).

CARAMEL RICE

3½ oz. thick or medium grained rice : 1 pint milk : vanilla : 2 tablespoons sugar : 1–1½ oz. butter : 2 egg yolks : 3–4 oz. sugar for caramel for lining the mould.

Caramel Sauce :—3–4 oz. sugar : ½ tea cup cold water.

Boil rice 3 minutes in water. Drain well. Put into a pan with the milk and a little vanilla. Bring to the boil, cover and put the pan into the oven for 20/30 minutes or until the rice is tender and nearly dry. Work the sugar, butter and yolks together, and add to the rice. Stir to mix and set aside. Cook the sugar with ½-cup water to a good brown. Line a hot dry tin mould or basin with it and pour any surplus back into the saucepan. Fill rice mixture into the mould, stand in a tin of hot water and cook in a moderate oven until firm to the touch 25–35 minutes. Turn out onto a dish and pour round a caramel sauce or serve with cream. For the sauce, cook sugar to a caramel as before but, when brown, add about ½-cupful of boiling water. Allow to boil up then pour off and cool. The thickness of the sauce depends on the amount of boiling water added and therefore care must be taken not to add too much at first.

GROUND RICE SOUFFLE

A nice pudding for the children and well liked.

½ pint milk : ½ oz. sugar : 1 vanilla pod or vanilla essence : 1 oz. ground rice : 2 eggs.

Scald the milk with the vanilla pod and sugar. Mix the ground rice to a smooth paste with a little extra milk and then tip on the hot milk. Return to the pan. Stir until boiling and cook gently for 10 minutes. Have ready a buttered pie or soufflé dish and when the rice has cooled somewhat, beat in the egg yolks. Whisk the egg whites until stiff and then fold into the mixture. Turn into the prepared dish and bake in a moderate oven 20–30 minutes.

Serve this pudding with a fruit compôte or sauce.

CREAMED RICE WITH HOT APRICOT SAUCE

A sweet for Sunday lunch.

3 oz. thick grained rice : 1¼ pints milk : vanilla pod : ¼ pint cream or evaporated milk : sugar to taste : shredded baked almonds, (optional).

Sauce :—6–8 oz. dried apricots, soaked overnight : sugar to taste : lemon rind : kirsch : sugar syrup.

Wash rice, add to milk with split vanilla pod. Simmer until the rice is soft and creamy. Turn into a bowl to cool. Sweeten to taste. Remove pod.

Meantime simmer apricots in the water in which they have been soaked. Add a strip or two of lemon rind to flavour, and a little sugar. Rub through a strainer with a little of the juice. Turn into a pan, sweeten to taste, and reheat to boiling point. Whip the cream until thick, and fold into the rice. Turn into a glass or china bowl, and scatter over the almonds. Serve the hot sauce separately.

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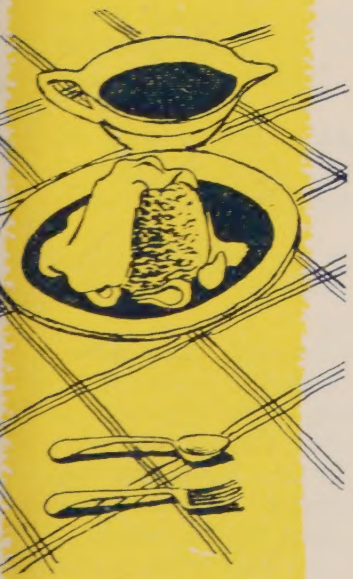


A party sweet easily prepared and always popular.

3 oz. thick grained rice : 1¼ pints milk : 1½ oz. sugar: barely ½ oz. gelatine: juice 1 orange : ½ gill cream : 1 egg white : ripe dessert pears : hot chocolate sauce : cream for decoration.

Prepare a light syrup with 3 oz. sugar and 1 pint water, and flavour with vanilla. Peel and core the pears carefully and place immediately into the syrup. Cover tightly and cook slowly in the oven until almost transparent.

Meantime wash the rice and cook slowly in the milk, with a vanilla pod until tender (at least 45 minutes), add the sugar and allow to cool. Soften the gelatine in 1 tablespoon cold water, dissolve in the orange juice over gentle heat and then add to the rice. Fold in the half whipped cream and lastly the stiffly whisked egg white. Pour the mixture into a lightly oiled mould. When thoroughly chilled and set turn into a serving dish. Spread the extra cream over the top, surround with the pears and serve a hot chocolate sauce separately.

Chocolate Sauce :—2 oz. unsweetened chocolate or cocoa : ½ pint water : 3–4 oz. granulated sugar : a few drops vanilla. If chocolate powder is used omit sugar.

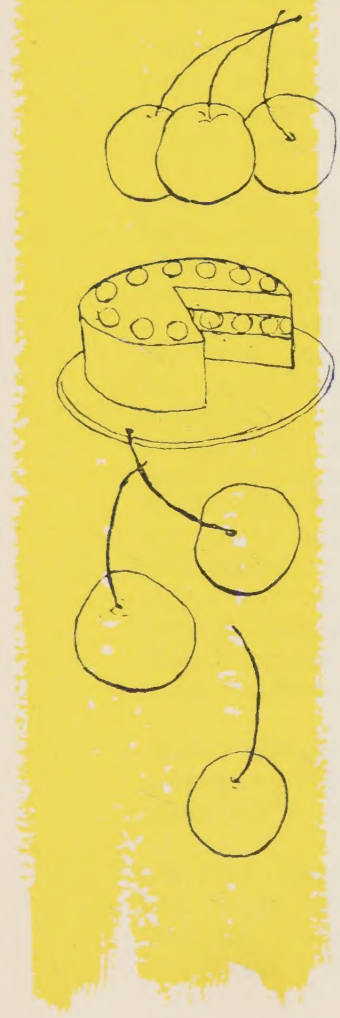
Put the chocolate into a saucepan with the other ingredients. Dissolve the sugar and chocolate slowly and then allow to boil gently until it coats the back of a spoon and is mellow in flavour.

cheese cakes

Nice for a picnic or packed lunch.

Short or flaky pastry : 3 oz. each butter, castor sugar, and ground rice : 1 oz. currants : grated lemon rind to flavour : 1 large egg, well beaten.

Roll out pastry thinly and line into tartlet tins. Cream butter, add sugar, currants, lemon rind, egg and lastly the ground rice. If consistency is a little stiff, add a spoonful of milk. Put a teaspoonful of this into each tartlet tin and bake in a moderately hot oven 10– 15 minutes. Dust with icing sugar before serving.



cherry cake

Without the icing a good "cut and come again" cake. Sultanas or a teaspoonful caraway seeds may be substituted for the cherries.

¼ lb. butter or margarine : grated rind of ½ lemon : ¼ lb. castor sugar : 1½ oz. rice flour : 3 eggs : 3 oz. glacé cherries : ¼ lb. self-raising flour.

Glace Icing :—1 lb. icing sugar : about ¾ gill thin syrup made with 1½ oz. sugar : approximately ¼ pint water.

Angelica and glacé cherries for decoration. Cream butter thoroughly with the lemon rind, beat in the sugar, then work in the eggs one at a time with the ground rice. Cut the cherries in half and mix with the flour. Fold into the mixture. Turn into a prepared 7-in. cake tin and bake in a moderate oven 40–45 minutes. Turn out and, when cold, ice with white glacé icing.

For this, first prepare the syrup by boiling the sugar and water together for 3–4 minutes. Allow to get cold then work enough into the icing sugar to make a thick cream. Flavour with vanilla, then warm gently and pour over the cake. Decorate with cherries and diamonds of angelica.

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